



ARNICA MEADOW

Arnica chamissonis (AR-nih-kah)

PERENNIAL | ASTERACEAE FAMILY

ZONES: 4-9

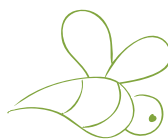
EXPOSURE: FULL SUN

MATURE HEIGHT: UP TO 12"

BLOOM: YELLOW | SUMMER



Medicinal



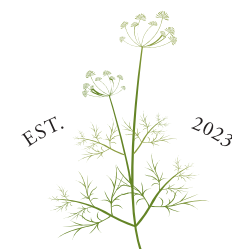
Pollinators



Aroma



Resistant



HERB & VINE

— healing plants —

Meadow or American Arnica is a creeping perennial native to the mountains of the American West. Traditionally this plant is prized for its antiinflammatory action. Its prolific yellow flowers can be used fresh or dried on unbroken skin to reduce swelling and bruising and to ease arthritic joints.

- Therapeutic*: analgesic, anti-inflammatory, antiseptic, antimicrobial, antioxidative and antiradical. DO NOT SWALLOW.
- Parts used: flowers - collect immediately after opening and use the entire flower head.
- How to use: traditionally, it is added to creams, salves, and ointments to reduce swelling and bruising.

CAUTION: All parts of plant are poisonous and can cause skin irritation; indigestion, heart palpitations, vomiting, shortness of breath if ingested. Keep away from children.



**Information is based on research of the historical uses of this herb and does not constitute medical advice. Consult a medical professional before using any herb for therapeutic purposes.*

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